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PAGE 4

Photo: THE CANADIAN PRESS

Epic tale of  
highs, lows and  
redemptionCanadian firm strikes \$4.7B  
deal to take over the  
embattled BlackBerry

PAGE 12



## CHARGED MAN IN COURT

Alexander Welch, 31, arrives at Halifax provincial court on Monday on an attempted murder charge relating to the stabbing of a cop on Friday night. Welch, who showed up at court sporting cuts and bruises to his face, allegedly resisted arrest when being taken into custody, resulting in police using force on him. Story, page 3. JEFF HARPER/METRO

Bus-pedestrian  
collision the  
second in weekMetro Transit. Drivers  
ticketed, internal  
investigations underway

Metro Transit officials say two accidents involving buses and pedestrians in less than a week is unfortunate, but not reflective of a systemic failure.

A 62-year-old driver was ticketed for failing to yield to a pedestrian in a crosswalk on Monday morning after a 60-year-old woman was hit at Barrington Street and Spring Garden Road.

Police say the woman was taken to hospital with injuries described as serious but not life-threatening.

"We do a lot of awareness training for our drivers, so obviously we hate it when something like this happens," said Metro Transit spokesperson

Brendan Elliott.

A 48-year-old bus driver was also ticketed on Sept. 17 after a 26-year-old woman was hit in a crosswalk at Wyse Road and Thistle Street in Dartmouth. She was treated for minor injuries at the scene.

Although the two incidents had online commenters suggesting Metro Transit review driver training, Elliott said it's not indicative of a trend.

"We can go months without anything happening," he said. "When you think of the frequency of how many buses are on the roads in HRM, literally these drivers are out there all day and into the evening."

Drivers are expected to maintain a Class 2 licence, for which Metro Transit is accredited to conduct testing and training. Licence and retesting requirements are set by the province.

## Collisions

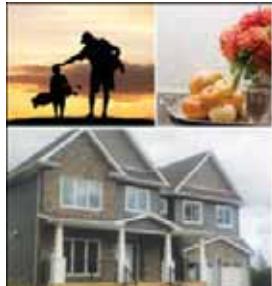
8

Number of collisions involving buses and pedestrians so far this year. The number matches the annual totals for both 2012 and 2011.

Elliott said an internal investigation follows any collision involving a bus. "When we do an internal investigation, we're looking to see if there's anything that we can do better in the future to prevent another accident like this," he said.

That investigation will also determine whether the driver undergoes additional training or is subject to a penalty.

Ken Wilson, president of the Amalgamated Transit Union Local 508, declined to comment while the investigation was underway. RUTH DAVENPORT/METRO



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# Man accused of stabbing cop shows signs of violent arrest

**Bruised face.** Police say cuts, black eyes on Alexander Welch's face sustained in the course of 'combative' encounter with police

 HALEY RYAN  
haley.ryan@metronews.ca

A man charged with stabbing a Halifax cop walked into court Monday with visible injuries to his face, which police say he received on Friday night after having been "extremely combative" with officers.

Alexander Welch, 31, appeared briefly in court Monday afternoon to face charges of assaulting a police officer, attempted murder, being at large, and resisting arrest related to the stabbing incident outside the Metro Turning Point men's shelter Friday night.

"From the time he was arrested, all the way to the time he was brought into booking, Welch was extremely combative with police," said Const. Pierre Bourdages, when asked about the injuries to his face.

"As a result, an officer had to use physical force against him to restrain him at the scene, and also as he arrived in booking."

Welch had multiple cuts on his face, two black eyes, and said nothing during his appearance at Halifax provincial court.

Bourdages said Welch had received injuries to his face and nose, and a report has been filed explaining why force was needed.



Halifax Regional Police officers stand outside Metro Turning Point, an emergency homeless shelter, where a police officer was stabbed after trying to arrest a suspect in Halifax on Friday night. ANDREW VAUGHAN/THE CANADIAN PRESS

He said the file will be reviewed by two sergeants to make sure everything was done properly.

Two officers went to the shelter around 8:30 p.m. Friday to arrest Welch, as he was wanted on a warrant after he failed to appear in court for other charges.

Police say that the accused was standing outside the shelter and fled when he saw the two officers. A chase followed, and when one of the officers caught up to the suspect, police say, he was stabbed in the forearm and in the neck with a knife.

The suspect was then Tasered and arrested by the other officer.

"It's an unusual event for an officer to be stabbed," Bourdages said.

"If there is something we can do differently, or more effectively, we'll definitely look into this."

The injured officer is expected to make a full recovery.

On Monday, defence lawyer John Black asked for Welch to undergo a psychiatric assessment to determine his criminal responsibility.

Black said Welch has a history of diagnosed "psychosis" which he was not being treated for.

Welch was remanded to the East Coast Forensic Hospital in Dartmouth and will next appear in court Oct. 30.

## Metro Turning Point

### Police turn to shelter

Halifax Regional Police originally went to the Metro Turning Point shelter because Alexander Welch had not appeared in court Friday to answer to multiple charges stemming from July 8.

Chris Hansen, spokesperson for the Public Prosecution Service, said Welch had been wanted on two counts of assault with a



Alexander Welch  
JEFF HARPER/METRO

weapon, and uttering threats to cause death or bodily harm.

HALEY RYAN/METRO

# Local man pleads guilty to child-porn charge



Halifax businessman Michael Kevin Stanhope, 66, has pleaded guilty to possession of child porn involving a 17-year-old female. JEFF HARPER/METRO

A Halifax businessman has pleaded guilty to possession of child pornography, in a case involving a 17-year-old girl.

Michael Kevin Stanhope, 66, appeared in Halifax provincial court Monday and delivered the guilty plea in a case that involves a total of 10 charges.

On Aug. 18, 2012, police received a complaint of sexual-related offences ranging over eight months between the teen victim and a 66-year-old man.

According to police, searches at his Halifax business — Hairdressers Market Inc. — revealed electronic devices containing child pornography, while two firearms were located at a residence in Bayside.

Stanhope appeared in court last August to face 10 charges, including making, distributing and possessing child pornography, sexual assault, sexual exploitation and uttering threats.

Police have said Stanhope

and the victim are known to one another.

Chris Hansen, spokesperson for the Public Prosecution Service, said the other nine charges against Stanhope will be dismissed when he is sentenced on Jan. 8.

HALEY RYAN/METRO

## On the web



For more local news,  
go to [metronews.ca](http://metronews.ca)

1  
NEWS

# Campaigning Liberals enlist a little help from a friend

## Meet-and-greets.

Justin Trudeau brings out big crowds in HRM campaign stops

Nova Scotia Liberals enlisted the star power of their federal leader Monday as Justin Trudeau stumped for Stephen McNeil in several Halifax-area ridings where they hope to make a breakthrough in next month's provincial election.

Groups of mostly Liberal supporters cheered and waved campaign signs at a couple of Trudeau's stops in a city long considered an NDP stronghold.

"I've had a long friendship with Stephen McNeil and he impresses me as an extraordinary leader," said Trudeau in between stops where he shook hands and posed for photos.

"I'm glad to help out Stephen (to) bring the kind of change that Nova Scotia needs."

Trudeau's stops included ridings in Dartmouth and

Spryfield. The Liberals are targeting some Halifax-area ridings where NDP incumbents aren't seeking re-election.

McNeil said he welcomed Trudeau's support, which comes just past the midway mark of the campaign, calling it a "shot in the arm."

"Nova Scotians are energized whenever he's around and certainly our base and workers are extremely energized when he's around," McNeil said.

"There's a huge support from Liberals when he's in town, but we see it spilling over to the undecided voters who are intrigued by his frankness and openness."

Trudeau's visit came as the Progressive Conservatives accused McNeil of defending "gold-plated" pensions for legislature members.

McNeil said his party is open to re-examining all aspects of remuneration for politicians.

"No elected member gets into this business for the salary or the pension," he said. **THE CANADIAN PRESS**



Federal Liberal Leader Justin Trudeau campaigns with Nova Scotia Liberal Leader Stephen McNeil in Elmsdale on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

# Dexter promises to open community clinics



Premier Darrell Dexter visits a seniors' residence during a campaign stop in Halifax last week. ANDREW VAUGHAN/THE CANADIAN PRESS

Premier Darrell Dexter says the NDP will open four new community health clinics in underserved areas of the province if his party is re-elected Oct. 8.

Dexter says the clinics would be managed by nurse practitioners and focus on basic and chronic care.

He says an NDP government would work with nurses, doctors and communities to determine

## Countdown

14

Days until the provincial election.

where the clinics are needed most.

He says the clinics would open over the next four years, with the first opening in 2016.

A spokesman for the party says \$2.4 million would be budgeted to build the clinics.

Liberal Leader Stephen McNeil says his promise to cap class sizes would be flexible in that schools that exceed the caps would be required to have an educational assistant in the classroom.

McNeil has said he would cap class sizes at 20 for pri-

mary to Grade 2 and 25 for grades 3 to 6.

Progressive Conservative Leader Jamie Baillie reiterated his promise to scrap the pension plan for politicians while campaigning in Stewiacke.

He says he would strike a panel to set the pay and benefits politicians receive because the pension now is too lucrative.

**THE CANADIAN PRESS**

## Shipyard

### Irving to hire more than 100 workers for new contracts

Irving Shipbuilding announced it has won two new contracts that will lead to about 140 new jobs at the Halifax Shipyard.

A release from the company states the container

ship MV Oceanex Sandpiper will arrive at the shipyard's Nova Dock in October for maintenance and repairs. The work will take about two weeks and require about 90 employees.

The passenger ferry MV Holiday Island is expected to arrive at the Nova Dock in November for two weeks of repairs and maintenance. About 50 people



Irving's Halifax Shipyard METRO FILE

are expected to be hired.

Irving officials said in August some of the approximately 900 workers at the Halifax Shipyard would have to be laid off until work on a federal contract for new navy vessels begins in 2015. The company said it hoped to mitigate the layoffs by securing new commercial contracts.

**METRO**

## Report

### DHX Media sees higher earnings in recent quarter

DHX Media Ltd. said Monday that higher revenues from distribution and proprietary production helped boost earnings for the company in the latest quarter.

The Halifax-based producer, distributor and licensor of mainly children's film and television shows reported net income of \$739,000, or a penny per basic and diluted share, for the period ended June 30. This compared with \$348,000, or a penny per basic and diluted share, for the same period a year earlier.

**THE CANADIAN PRESS**

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## No helmet. Man dies of head injuries sustained in weekend ATV crash

A 56-year-old Pictou County man has died in a Halifax hospital following an ATV crash over the weekend.

RCMP say that just before 5 p.m. on Saturday they were called about an unconscious man with serious head injuries after an ATV overturned on Watt Road in Hedgeville.

The victim was taken to hospital in New Glasgow, then airlifted to the QEII hospital in Halifax.

### Unknown

Police say the victim's name hasn't been released.

He died from his injuries on Sunday afternoon. Police say the victim wasn't wearing a helmet.

They are continuing to investigate the crash.

### METRO

## Piracy at the docks? Man charged after cops say booty taken from boats

RCMP have made an arrest after investigating the break-and-enter of several boats at the Pictou Marina over the last two weeks.

A 34-year-old Pictou resident, Paul Ivan Jeans, has been charged with 11 counts of break-and-enter and was to appear at the Pictou Justice Cen-

tre on Monday.

Police executed a search warrant at the man's residence on Saturday evening, resulting in the seizure of property allegedly taken from the boats.

Several other items in the residence were determined to be stolen, police say.

### NEW GLASGOW NEWS

## Just 'one of those things.' Liberal candidate bitten by dog while campaigning

Kings West Liberal candidate Leo Glavine was back on the campaign trail the day after he was bitten by a dog.

Glavine confirmed that on Sept. 20 he had been bitten during a campaign stop on Aylesford Road. A visit to his family doctor followed, along

with a tetanus shot as a precautionary measure.

"This is the first time this has happened to me in four campaigns and knocking on thousands of doors," he said.

Glavine called it "one of those things" and "pretty minor."

### KING'S COUNTY REGISTER

### Cape Breton

## Summer home destroyed by fire

Cape Breton Regional Police along with the regional fire service responded to a blaze at a summer residence in Round Island over the weekend.

The property was insured, but the cause of the fire is still unknown.

The cottage is for the most part destroyed. Security was on scene until investigators from the fire marshal's office, assisted by the regional police forensic unit, completed their investigation.

### CAPE BRETON POST

### Rescue

## Kayaker spends night in woods

It was a long night but a good day for a delayed kayaker.

Cumberland County RCMP received a report of an overdue kayaker at 7:45 p.m. Saturday in the Oxford Junction area.

Search teams responded and located the 58-year-old Cumberland County man in the woods near Tillitius Creek at 6:45 a.m. on Sunday.

The kayaker had run out of daylight the night before.

### AMHERST DAILY NEWS



## No injuries after car and bus collide in intersection

Police responded to an accident involving a bus and car at an intersection on Wright Avenue in Burnside on Monday afternoon. Paramedics were called to the scene but there were no reported injuries. JEFF HARPER/METRO

# Deck OK when it was built: HRM

### Building standards.

15 people hurt, some badly, when deck collapsed on Sunday



RUTH  
DAVENPORT

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An HRM spokesperson says the deck that collapsed in Dartmouth, injuring 15 people, was inspected at the time that the home was constructed.

"They would have inspected the buildings on the street and their decks and they would have passed inspection 10 years ago," said Janet Bryson on Monday.

The deck fell about 12 feet to the backyard of a home on

Green Village Lane around 1:30 a.m. Sunday. Four of the victims suffered serious but non-life-threatening injuries.

Bryson said new construction is inspected by HRM officials to ensure compliance with municipal bylaws, which work "in conjunction with" the provincial building code.

Alterations to or replacement of an existing deck would be inspected only if the homeowner had applied for the proper permits.

"If my deck was old, I replaced my deck, I'm supposed to get a permit through the city, and there's two times they come and inspect," said Bryson.

Structures that are inspected are subject to the building code of the day. The provincial code has been up-



The home where the backyard deck collapsed. JEFF HARPER/METRO

dated at least once in the last 10 years.

"If people have questions about the decks on their own home, they should really contact a professional home inspector, an engineer, a private contractor — that kind of thing," said Bryson.

A police spokesperson said

the investigation is proceeding as a criminal-negligence case.

"At this point it's going to be police-led, but we will have to bring people that have the knowledge and expertise in construction and the building code and so on," said Const. Pierre Bourdages.

## Student held for bringing pellet gun on bus

A South Colchester Academy student was detained by RCMP on Monday morning for carrying a pellet gun onto a school bus.

Debbie Buott-Matheson,

spokeswoman for the Chignecto-Central Regional School Board, confirmed the student was in possession of an air pellet gun.

The student was met by

RCMP upon arrival at the Brookfield school.

"Nobody was harmed, nothing bad went down, but our policy is there are no weapons that come to school or on

buses," said Buott-Matheson.

The student was on a bus that transports students to Winding River Elementary School in Stewiacke and SCA.

### TRURO DAILY NEWS

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Corolla LE shown.

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# Former Supreme Court judge to back Quebec values charter

## In defence of equality.

Claire L'Heureux-Dubé says the face of females in Muslim world is increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce the reli-

gious neutrality of the state.

The many critics in the political, legal and academic arena warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There

is no accommodation.... Equality is the same thing," she told Radio-Canada host Michel Lacombe.

"There are also civil liberties that are extremely important, but they're not on the same level. Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is uncovered.

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here."

L'Heureux-Dubé is confirmed as a member of the Rassemblement pour la laïcité (Rally for Secularism) collective.

TORSTAR NEWS SERVICE



Claire L'Heureux-Dubé  
THE CANADIAN PRESS



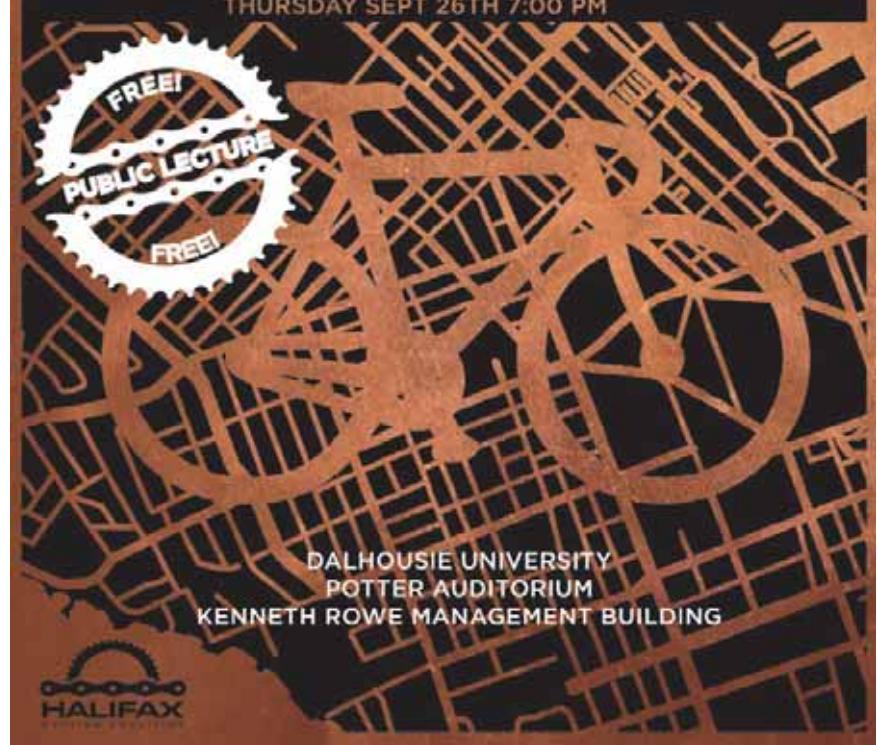
Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter, which would ban the wearing of religious symbols and clothing from any public institutions. GRAHAM HUGHES/THE CANADIAN PRESS

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## 11 suspects charged in alleged Sask. hazing

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Mounties describe as "paddling" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and

eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage to his leg and buttocks.

"There are five victims known to us. We do believe there are more," RCMP spokesman Sgt. Craig Cleary said on Monday.

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6 in a field about four kilometres southeast of Lanigan, east of Saskatoon.

All of the teenaged suspects are also male. More charges could be laid if additional victims come forward, Cleary said.

The names of nine youth suspects can't be released publicly. However, two Lanigan men are among the people charged. Brayden Braun, 18, is charged with assault with a weapon, and Kyle Ekstrom, 18, is charged with assault causing bodily harm and three counts of assault with a weapon.

MARCO VIGLIOTTI/METRO IN REGINA

### Edson, Alta.

**Is this just fantasy?**  
**Busted Queen fan**  
**to run for mayor**

An Alberta man who became a YouTube sensation for enthusiastically singing the song Bohemian Rhapsody from the back seat of a police car is going into politics. Robert Wilkinson is running for mayor of Edson, a town west of Edmonton. THE CANADIAN PRESS

### Richmond, B.C.

**Young men need**  
**to keep privates**  
**private: RCMP**

Richmond RCMP are warning young men in the Vancouver suburb to make better choices about the private details — or parts — they reveal online. Mounties say they have investigated four recent incidents of attempted extortion. THE CANADIAN PRESS

### Vancouver

**Restaurant owner**  
**charged in alleged**  
**peeping case**

A warrant is out for the arrest of a restaurant co-owner who authorities allege observed or recorded people "in a place in which they could reasonably be expected to be nude."

Police said Allan Bosomworth was charged Sept. 11. THE CANADIAN PRESS

# The Shining never ended.

**Danny Torrance grew up. So did his demons.**



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## Alberta

## Transfer hinges on whether Khadr is considered a youth

An Edmonton judge has reserved his decision on whether former Guantanamo Bay inmate Omar Khadr should be transferred to a provincial jail in Alberta.

The 27-year-old is serving his sentence at the federal maximum-security Edmonton



Artist's sketch of Omar Khadr  
THE CANADIAN PRESS

Institution. The judge hearing the case says his ruling will come down to whether he believes Khadr is serving time as a youth or an adult. Khadr pleaded guilty to five war-crime offences in 2010 for killing an American soldier in Afghanistan when he was 15. THE CANADIAN PRESS

## Direct indictment

## Men accused in alleged VIA plot to head straight to trial

Two men charged in an alleged plot to attack a VIA train will head straight to trial after federal prosecutors said they were bypassing a preliminary inquiry into the case.

The Crown announced in court Monday that it is proceeding by direct indictment

against Raed Jaser and Chiheb Esseghaier.

The move means that the case is bumped up from provincial court to Superior Court without the step of having a preliminary inquiry. Such hearings are to determine if there is enough evidence for a case to go to trial.

Federal Crown attorney Croft Michaelson did not give a reason in court for the direct indictment, but did say he expected the trial would be "lengthy." THE CANADIAN PRESS

# Canada keeping an eye on Kenya after attack



Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill in Ottawa Monday, while in the background, a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

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**Local connection?** Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed report claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a press conference with his visit-

ing Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Naguib Damji as the other Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and he once again extended his condolences

### One in critical condition

## Canadian teens among injured: Aunt

A Minnesota woman says her two nieces — both Canadian citizens — were seriously injured in the terrorist attack on a Kenyan shopping mall.

Hodan Hassan says her

nieces — Fardosa Abdi, 17, and Dheman Abdi, 16 — were shopping when the siege started.

She says Fardosa is in critical condition after undergoing two surgeries for severe leg injuries, while Dheman had a bullet break her leg and an explosion injure her arm.

THE CANADIAN PRESS

# Egyptian court bans Muslim Brotherhood

**Crackdown.** Security forces have arrested some 2,000 members, including top figures

An Egyptian court on Monday ordered the Muslim Brotherhood to be banned and its assets confiscated in a dramatic escalation of a crack-

down by the military-backed government against supporters of the ousted Islamist president Mohammed Morsi.

The ruling opens the door for a wider crackdown on the vast network of the Brotherhood, which includes social organizations that have been key for building the group's grassroots support and helping its election victories. The verdict banned the group it-

self — including the official association it registered earlier this year — as well as "any institution branching out of it or ... receiving financial support from it," according to the court ruling, made public on Egypt's state official news agency MENA.

The Brotherhood was outlawed for most of its 85 years in existence. After the 2011 ouster of Hosni Mubarak,

it emerged to work openly, opening a formal headquarters and forming a political party for the first time, and rose to power in a string of post-Mubarak elections. Still, its legal status remained hazy. In March, it registered as a non-governmental organization, but its entire network was not brought under the association's aegis.

THE ASSOCIATED PRESS



A protester ransacks the Muslim Brotherhood headquarters in Cairo in this July 1 file photo. THE ASSOCIATED PRESS

Russia

## Top Islamic cleric protests order to outlaw Qur'an translation

Russia's top Islamic cleric has protested a provincial court order to declare a translation of the Qur'an as extremist and to destroy it.

Ravil Gainutdin, the head of the Council of Muftis of Russia, said in an open letter to President Vladimir Putin released Monday that the ruling was "illiterate"

and "provocative."

The Qur'an is available in Russian translation, but the court last week ruled that the translation by Elmira Kuliyev, published in Saudi Arabia in 2002 violated federal law banning extremist materials.

Gainutdin said that the "Russian Muslims were appalled by the neglect of law shown by the court" in the Black Sea port of Novorossiysk and demanded that the verdict be revoked.

THE ASSOCIATED PRESS



## Pussy Riot member starts hunger strike in prison

Imprisoned Pussy Riot punk band member Nadezhda Tolokonnikova — seen behind bars at a district court in Russia in April — says she is beginning a hunger strike to protest harsh working conditions and threats to her life. In a letter on the group's blog, Tolokonnikova says inmates in her prison are forced to work up to 17 hours a day in a shop that makes police uniforms. THE ASSOCIATED PRESS FILE



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2013

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- and -  
WBLL INCORPORATED, Trustee in Bankruptcy on DEFENDANT  
Behalf of GLENN CHARLES VARDY

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**Time of Sale:** 12:30 p.m., local time.  
**Place of Sale:** The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.  
**Terms:** Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

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MORRIS BUREAU  
Solicitor for the Plaintiff  
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Halifax, NS B3K 5L2

Alan Coley  
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**From BlackBerry to discount bin.** 'Bargain hunter' is backing the \$4.7B deal that could breathe life into moribund company

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a \$4.7-billion US deal to save the Canadian tech giant.

Often referred to as the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the

**Buy low, sell high?**

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."

Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

University of Toronto.

Watsa, who heads insurance firm FairFax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for \$9 US per share. Toronto-based FairFax is already the struggling smartphone maker's largest shareholder, owing about 10 per cent of the stock. THE CANADIAN PRESS



Fairfax Financial Holdings offered Monday to buy BlackBerry in a deal that values the company at about \$4.7 billion US. THE ASSOCIATED PRESS FILE

**Market Minute**

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# TOUGH TO KEEP UP IN TECH AGE

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fanboy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all

Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks, every smartphone will have a built-in retina scanner (fingerprints are so 2013) and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the Technicolor dream world that is iOS7.

Like the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimate to a new land.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

### Making a beeline for the honey



#### Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.

METRO

#### Q and A

#### Bee chains – a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH  
Photographers, both 56, from Goosefeld, Germany

**What exactly are the bees trying to do?**  
They are making chains with their bodies so they can repair a honeycomb. But for scientists it's still a mystery why they actually do this – it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

H & H-J KOCH/SOLENT NEWS



**CLICKBAIT**  
**HANNAH ZITNER**  
hannah.zitner@metronews.ca



GETTY IMAGES

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade – so you know just what you've been holding out for.

#### Blocking:

Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now, with the blocking function, you don't have to.

#### Time stamps:

Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

#### Photo filters:

If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

#### Wish list:

Want an app but don't want to shell out for it just yet? Add it to the new iOS wish list.

#### Letters

#### RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Lindsay Qualtrough

Scarborough, Ont.

supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



Don Jon, Joseph Gordon-Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC



### Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300 pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.



### Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.

# 5

## Out of the box rom-coms



### Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.



### Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.



### Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

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the HOTTEST songs of the day

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Royals
- 5 Lady GaGa  
Applause
- 4 Miley Cyrus  
Wrecking Ball
- 3 Drake  
Hold On, We're Going Home
- 2 Avicii  
Wake Me Up
- 1 Katy Perry  
Roar

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Jennifer Baichwal travelled to 10 countries to investigate human interaction with water. CONTRIBUTED

# Leaving her mark on a story about water

## Documentary.

Canadian filmmaker examines our complex relationship with a precious resource

STEVE  
GOW

scene@metronews.ca

Back in 2006, director Jennifer Baichwal hit on something very special when she followed acclaimed photographer Edward Burtynsky into China as he took some of the most visually striking pictures of industrial wasteland you'll ever see. The result became the acclaimed documentary *Manufactured Landscapes* and garnered the director several awards.

"We always wanted to work together again," said Baichwal during the Toronto Film Festival. "Ed was very intrigued by film and I think after *Manufactured Landscapes* he thought

he wanted to be more involved from the beginning."

As such, Baichwal and Burtynsky (now as co-director) kept in contact and finally found their focus with *Watermark* — a stunning examination of the human relationship to our most treasured natural resource — water.

"It was the cinematic possibilities of water in all its different incarnations (that) came immediately to the fore," explained Baichwal of the film's origins.

"We thought about this theme of water and how humans have interacted with (and) shaped water and long for water — there's this sort of primal relationship there — and then tried to find as many existential moments that showed that as we could."

It wouldn't prove an easy task. *Watermark* would take more than five years to develop as the directing duo travelled across 10 countries to investigate everything from a pollut-

## Quoted

- **Baichwal on combining art and environmentalism.** "There are a lot of environmental films that have arguments to advance and they do that very well," said Baichwal. "But they have a very traditional format that I'm less drawn to."

ing tannery in Bangladesh to the construction of the massive Xiluodu dam in China — all displayed with a non-didactic observer's eye but filmed in such a way to lend the ecological madness a certain mystical beauty.

"One of the reasons that I've always kind of married art and environmental issues is (because) film is a visual medium," said Baichwal. "If you can't find a way of conveying something that has visual power, it feels to me that maybe you should write a book about it (instead)."

## DVD review

### World War Z

Director. Marc Forster

Stars. Brad Pitt, Mireille Enos, Daniella Kertesz

•••••

The undeniably magnetic Brad Pitt sprints over plot holes in this global zombie horror that would sink a lesser actor.

His combination of macho heroics and regular guy empathy raises pulses and inspires rooting interest in a story that is otherwise filled with howlers, and not just the undead kind.

Pitt's resourceful Gerry Lane somehow manages to find clear highways when all others are clogged with fleeing humans. He travels to zombie zones to acquire info that a telephone call or email could have supplied. He makes deductions that would leave Sherlock Holmes scratching his head.

But he keeps moving — his battle-tested motto is "movement is life" — and he carries us with him. The zombies seem to abide by the same dictum, since they sprint, climb and leap like undead Olympic athletes, especially in one amazing scene where they breach Israel's border wall.



Brad Pitt's *World War Z* would fell a lesser actor. CONTRIBUTED

Director Marc Forster's adaptation of the 2006 best-seller by Max Brooks retains the global zombie pandemic angle but dispenses with the past-tense multiple voices of the source novel. The reductionism is under-

standable, though, because you'd need a TV miniseries to get everything in.

Extras are Blu-ray only. They include the unrated version of the film and multiple making-of featurettes.

PETER HOWELL



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**Paul Dano.** Actor talks filming intense torture scenes with Hugh Jackman in *Prisoners*

**MATT PRIGGE**

Metro World News in New York

Paul Dano has eked out a career for himself playing repressed, often strange characters, including his breakthrough as the willfully mute son in *Little Miss Sunshine*. His *Prisoners* turn may be his oddest yet: He plays a mysteriously remote young man who lives in an RV and may either be involved or know something about two girls who were kidnapped. He spends most of the film locked in an abandoned house, tortured to no end by one of the girls' hothead fathers (Hugh Jackman).

**It's not immediately apparent what's wrong with the character you play: Is he mentally slow, or is there some horrible trauma? How do you play that, and how do you play that without giving the ending away?**

When you first read it he's a bit of a mystery. How did a person end up like that? That's the fun puzzle for me as an actor. I looked at him as a wounded animal. You don't know what happened to him before the film begins, so you build a fully realized person, even though the audience may not learn everything about



**Prisoners**, starring Hugh Jackman, left, and Paul Dano, is playing now.

CONTRIBUTED

### 12 Years a Slave

**On the other Steve McQueen.** Dano also has a small but key role in *12 Years a Slave*, director Steve McQueen's forthcoming adaptation of the memoirs of Solomon Northup, a free black man who was kidnapped and enslaved in the mid-19th century. It gave him a chance to put McQueen (*Hunger*, *Shame*) on his list of great directors he's worked with (including Paul Thomas Anderson, Richard Linklater, Ang Lee and Kelly Reichardt). "We all had a hunch (McQueen)

would make a film about slavery in America that hasn't been made before. That's exciting to me as an actor and as an audience member," Dano says. Not that he was immediately thrilled to play one of the film's most kissable characters: a slave driver who hurls epithets and whips at Northup (Chiwetel Ejiofor). But it was a good challenge. "With characters who act a certain way you may not agree with, you find this strange empathy," he says.

the character. You want the internal life to be as complete as possible. Every unspoken word is as important as each spoken word.

**Your scenes with Hugh Jackman have an intensity to them that's hard to take. What was it like filming those scenes?**

Hugh is such a kind man; he's such a good man. Trust is one of the biggest things, no matter what kind of film you're making. We trusted each other and our director. Safety allows us to be more dangerous. There's a part where Hugh puts a hammer in the wall right next to my head, after he destroyed a sink. The sink was planned, and we had done the scene a few times. On one take Hugh put the hammer next to my head, totally unplanned. And then my character fainted. That was a great moment that just happened.

**Do you have a regular method for getting into and**

### out of characters like this?

Honestly each time it's different. Sometimes you need to stay with it. You have to figure it out each time. For this, I wasn't filming every day, which actually made it harder, I think. We delude ourselves — that's our job. When you're in the middle of a scene you get lost. Sometimes when you finish a day, looking back on it, it can feel like a fever dream.

### Was it the subject matter or who was making it that drew you into the film?

The script was a page-turner, but then you have to know whose hands it's going into. After watching Denis Villeneuve's films, there's a lot of humanity in his work, even though it's dark. I knew we were making a film that explores what real violence is like. You feel empathy for a character, then question what they're doing, or you feel anger for a character, then sympathy for them.

## Bling it back: He put a ring on it, and it may not be returning



Miley Cyrus. ALL PHOTOS GETTY IMAGES

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about \$100,000 — that Liam Hemsworth gave her, accord-

ing to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

#### *Biggest blunder or best-ever Emmy speech?*

MELINDA TAUB  
Metro World News

Merritt Wever won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thank-



ing everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

## Michael thanks his wife despite turbulent times

While Michael Douglas was collecting an Emmy for his work in *Behind the Candelabra*, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announcement of a new \$5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his accept-



Michael Douglas

ance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wed-



### @ChloeGMoretz

Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song



### @josswhedon

They call me "The Looove Doctor" because I can cure it.



### @MARLONLWAYANS

My stomach hates me for the pizza I ate today



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## Miss Blackie Domestic Short Hair

At 5 years old, this sweet soul was callously left on the shelter doorstep. Clearly not one to hold grudges, she is trusting and welcomes visitors with a purr that comes to life as soon as her kennel door is open. She is friendly, calm and relishes being gently caressed. We believe Miss Blackie would thrive in a less busy household and should be fine with other felines as long as all parties are properly introduced. If you are interested in adding a four-pawed angel to your life and home, please consider adopting Miss Blackie...she would love to meet you.



For more information on Miss Blackie and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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# 3

## LIFE

# Popped a molly, now I'm sweating and now I'm dead

**Drugs.** Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

MEREDITH ENGEL  
Metro World News

Ecstasy has long been a popular club drug, but its molecular form — dubbed “molly” — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song *We Can't Stop*, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's *The Doctors*, which just premiered its sixth season. But that “could not be further from the truth,” he says.

“The young adult culture that's embracing (this) has this false sense of security that it's safe,” says Stork. “Especially when it's in a powder form. The truth is you have no idea what's really in it.”

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like



Taking a molly has some severe risks. ISTOCK PHOTOS

just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and invincibility.

The consequences of that high include a spike in heart rate and blood pressure,

hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

“There's so much mis-

information out there amongst kids, and obviously we know that kids are willing to say or believe anything,” he says. “My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been



Miley Cyrus' recent song has helped to popularize the use of the drug.

CONTRIBUTED

had, if it's been had by someone else, it could be too late.”

There's no “right” age to start that dialogue, he adds — it's about knowing your child, being involved in his or her life and keeping your ears open.

“If you're worried about someone else having the conversation with your child, that's the time to have the conversation,” he says. “As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful.”

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# Country twist on comfort food



ROSE REISMAN  
For more, visit  
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This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15

minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over

## Ingredients

- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsp flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

### Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsp margarine or butter
- 1 tbsp minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

## Lunch. Roasted Cauliflower Soup With Thyme & Bacon

This soup is deceptively healthful and can be made even more so by using milk instead of half-and-half. The best news is that it is really three recipes in one! You can serve the cauliflower on its own, make the soup as the recipe states, or create a "mash" or puree by decreasing the amount of liquid by half when pureeing (serve as a substitute for mashed potatoes).

1. Heat oven to 400 F. Line rimmed baking sheet with cooking parchment.

2. Use paring knife to cut out

and discard core of each head of cauliflower, then cut heads into large florets. Place florets in bowl and drizzle with olive oil. Toss to coat. Sprinkle with about 2 teaspoons of salt, toss.

3. Arrange the florets in a single layer on the prepared baking sheet. Roast for 30 minutes, then use tongs to flip the florets, then roast for another 30 minutes, or until the florets are deeply caramelized and golden.

4. Transfer florets to blender and add 2 cups of broth. Purée, then add the half-and-half and

purée for another 3 minutes, or until completely smooth. The purée should be very thick. With the blender running, add the remaining broth, the thyme and white pepper. Taste and adjust seasonings.

5. The soup can be transferred to a saucepan and gently heated, or refrigerated overnight before reheating and serving.

When ready to serve, garnish each bowl with a bit of cooked bacon and a sprig of fresh thyme. **THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

## Ingredients

- 2 heads cauliflower (about 4 1/2 lbs total)
- 1/4 cup olive oil
- Kosher salt
- 4 cups chicken broth (or more for a thinner soup), divided
- 2 cups half-and-half
- 2 tsp chopped fresh thyme, plus 8 sprigs to garnish
- Pinch of white pepper
- 10 slices apple wood smoked bacon (or 3 slices country ham), minced and cooked

## Health Solutions

### Honey, honey



NUTRI-BITES  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

#### Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncry stallize easily without risking plastic leaching.

#### Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or basswood. Orange honey's bees are fed on dandelions.

Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod.

**TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffs-honey.ca) and he busts some honey myths.

#### Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

#### Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat,



## The 9-5

# NO REPEAT WORKDAY

**LITE 92.9**

*Today's Lite Rock*

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Resist the urge to set the agenda when travelling with another couple. iSTOCK

# When four becomes one: How to travel with another couple

## The more the hairier?

Travelling as a couple can be tough but a foursome is tougher; here are some tips to make it easier

MIKE  
DOJC  
life@metronews.ca

Maybe you've mastered the art of travelling as a couple. But the same rules don't apply when travelling in a foursome. Back in the '90s, the Spice Girls wrote the rules of engagement for when 2 Become 1, but what about when four become one? The more the merrier could be amended to the more the hairier. Here's how to double up without doubling the drama.

### Itinerary integration

The key to a stress-free coupling vacay is to assure that nothing is compulsory. Once you make the decision to hit a destination in tandem, there's an expectation that group outings will be de rigueur. Proclamations like, "We're in Paris; we simply must spend at least one day touring the Louvre and soaking up the art" can be fighting words. Resist the urge to set the agenda. Instead, seek common ground on your sightseeing wish list and split up the rest of the way.

### Dining deliberation

Deciding where to eat at home can grease the flames of debate. Add another set of palates and a limited time frame to sample the local cuisine and suddenly there's a ravenous debate raging on the

trustworthiness of UrbanSpoon ratings versus Zagat restaurant reviews. Avoid a fork fight over who has got the most inspired sea bass in town and achieve dining détente by allowing a third party, perhaps the concierge, to reserve a table for four.

### Requisite relaxation

Much vacation time is spent lazing by the pool, sipping pina coladas and just generally doing nada. The art of sloth increases in complexity when more people are invited into the mix. Staking out one umbrella isn't too difficult, but hunting for a spot to accommodate four can be tricky—especially if you are holidaying during the busy season. Don't settle for subpar real estate. De-couple and reunite later once you've all had some sun.

# Get your cash in a flash with direct deposits

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Registering for direct deposits, whatever your payment type, will save government money and you time

Whether you're a parent waiting for your Child Tax Benefit, a senior or snowbird waiting for your Canada Pension Plan payment or an unemployed worker waiting for your Employment Insurance payment, direct deposit puts money in your bank account faster, more securely and reliably than waiting for snail mail.

All Canadians, except for a few exceptions, are eligible to receive their federal government cheques by direct deposit.

Every year, the federal government makes almost 272 million payments to Canadians, 80 per cent of which are done electronically through direct deposit.

The federal government is hoping to soon convert the remaining 20 per cent to electronic, rather than paper, payments. How can

### Sign up now

**Save time.** Why not sign up for direct deposit yourself and get your federal government benefits without having to check the mail box or travel to your bank or financial institution once your cheques arrive. Something none of us wants to do during winter especially.

**Attention all students.** Under the federal government's direct deposit program, students waiting for loan payments, tax refunds, rebates and grants can sign up to receive their payments electronically, making for faster, greener, more secure, hassle-free payments. Students wishing to sign up for direct deposit can enroll with the Canada Student Loans Program.

Remove your head from the post and register for direct deposits. NEWS CANADA

1-800-O-Canada, or online at [directdeposit.gc.ca](http://directdeposit.gc.ca), you are giving the federal government permission to pay you electronically.

The benefits are many: you get your money faster, more securely, you never



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**Here's a list of payments you can sign up for:**

- Old Age Security
- Canada Pension Plan
- Child Tax Benefit
- Universal Child Care Benefit
- GST / HST / Income Tax
- Veterans pension and

benefits

With the safety and security of electronic payments, never again will you hear yourself saying: "Where did I put that cheque?"

NEWS CANADA

NHL

## Leafs' Clarkson gets 10 games for leaving bench

Toronto forward David Clarkson has been suspended 10 regular-season games without pay on Monday for leaving the Leafs bench to fight on Sunday against the Buffalo Sabres.

THE CANADIAN PRESS

NHL

## League cracks down on Kassian with 5-game ban

The NHL suspended Vancouver Canucks forward Zack Kassian for five regular-season games and the rest of pre-season on Monday for a hit that broke the jaw of Edmonton forward Sam Gagner.

THE CANADIAN PRESS

MLB

## Pirates end playoff drought in Chicago

The Pittsburgh Pirates are going to the playoffs for the first time in 21 years, clinching at least a National League wild card Monday night when they beat the Chicago Cubs 2-1 and the Washington Nationals lost to St. Louis.

THE ASSOCIATED PRESS



Starling Marte hit a ninth-inning home run in the Pirates' 2-1 win Monday night. THE ASSOCIATED PRESS



## Raiders unsuccessful in bucking Broncos

Raiders quarterback Terrelle Pryor scrambles against the Broncos' Robert Ayers and Kevin Vickerson on Monday night in Denver. Peyton Manning threw for 374 yards and three touchdowns to lift the Broncos to another easy victory, 37-21, over the Raiders. The Broncos (3-0) have outscored opponents 127-71 this season. JUSTIN EDMONDS/GETTY IMAGES

# 4 SPORTS

# Cabot Links could 'host a really big event'

## Golf. PGA stars DeLaet, McDowell rave over new 18-hole layout

They may have been friendly opponents for the inaugural match at Cabot Links on Monday, but PGA Tour pros Graham DeLaet and Graeme McDowell agreed that the Inverness course has the potential to someday host a tour stop.

"I can't think of any reason why a golf course like this couldn't host a really big event," McDowell said in a media scrum before Monday's

competition. "I've played the Canadian Open in Toronto this year and really enjoyed it and I know we're going to Royal Montreal next year. The Canadian Open, being RBC ambassadors both of us, we'd love to see more great events coming to this part of the world."

"Being Canadian, it's great when the Canadian Open does get moved around," added DeLaet. "All the guys really love it out at Shaughnessy, and Royal Montreal will be great next year. We spend a lot of time in the Toronto area, and it would be pretty special to come out here and play a championship on a golf

course like this."

McDowell, the No. 9-ranked player in the world, won the 2010 US Open championship and was part of the European Ryder Cup team. DeLaet, of Weyburn, Sask., is the top Canadian player on the tour with seven top-10 finishes this season.

For McDowell, a native of Portrush, Ireland, Cabot Links had familiar surroundings.

"When I opened the curtains of my hotel this morning, it almost made me feel like I was at home at the north coast of Ireland," he said. "It has that Scottish/Irish feel to it. It's a very authentic links. It looks the part. It's

very tough to replicate this type of look. It's been tried all over the world inland and it's tough to replicate this type of look, this kind of surface, these type of grasses."

Cabot Links co-owner Ben Cowan-Dewar said the event was a positive for both the course and a local school. Proceeds from tickets sold for Monday's event benefited programs at Inverness Education Centre/Academy.

"If you dream about building a golf course, you dream about having two guys like Graeme and Graham here today to play it and really see how it stands up," he said.

CAPE BRETON POST

# Neal scores Penguins a shootout victory

James Neal scored in the shootout to give the Penguins a 3-2 pre-season win over the Blackhawks after Chicago's Bryan Bickell and Pittsburgh's Kris Letang scored two goals apiece in regulation on Monday night.

Letang pulled the Penguins within 2-1 at 9:23 of

the third with an unassisted breakaway goal and then pulled the Penguins even at 17:44 with a power-play goal via a slapper from the point.

Bickell scored a short-handed goal from the slot 1:09 into the second when he batted the puck in out of

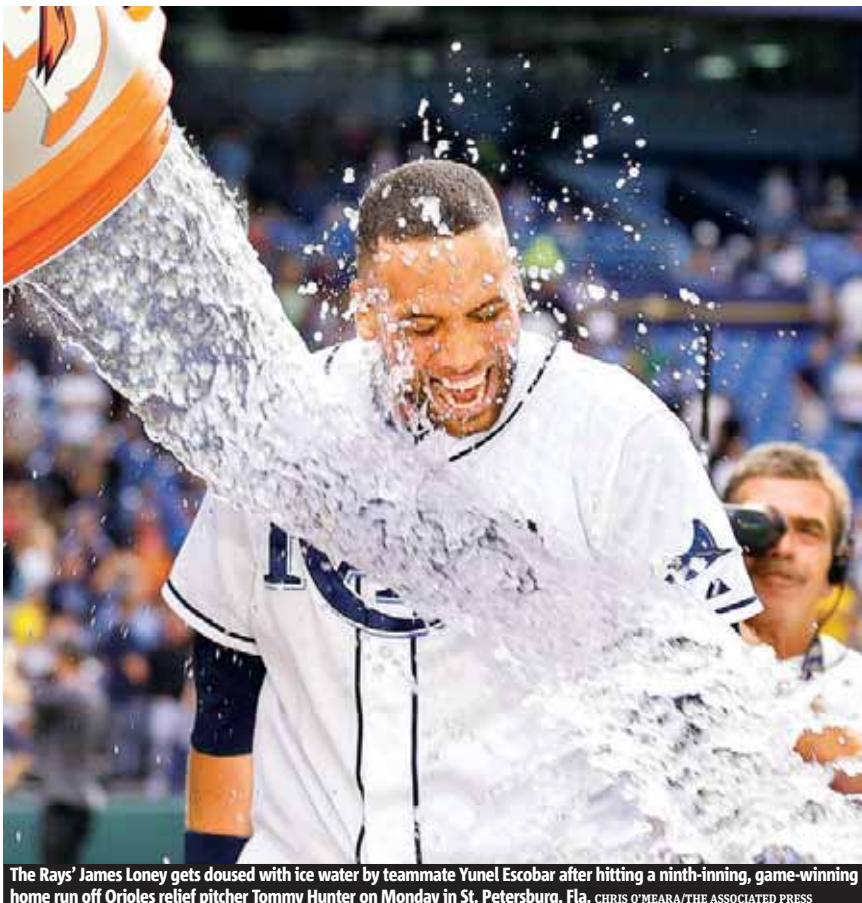
mid-air. He added a power-play goal by tipping in Jeremy Morin's shot from the point at the 14:00 mark of the middle frame.

Jeff Zatkoff stopped 30 shots for Pittsburgh and Nikolai Khabibulin made 31 saves for Chicago.

THE ASSOCIATED PRESS



Penguins captain Sidney Crosby brings the puck up ice in front of the Blackhawks' Sheldon Brookbank on Monday in Pittsburgh. KEITH SRAKOCIC/THE ASSOCIATED PRESS



The Rays' James Loney gets doused with ice water by teammate Yunel Escobar after hitting a ninth-inning, game-winning home run off Orioles relief pitcher Tommy Hunter on Monday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

## MLB

## Montrealers to toast 1994 Expos after 20 years

Montreal's baseball fans will get a chance to applaud the 1994 Expos for their memorable, strike-shortened season.

Former manager Felipe Alou has confirmed to The Canadian Press that he and other members of that dominant squad will be at an exhibition game next March at Olympic Stadium.

Alou says he doesn't know exactly what's planned but he'll be sure to make it up from the spring training camp of the San Francisco Giants, for whom he's a scout. He said the details still need to be ironed out with former Expos star Warren Cromartie, who is spearheading the event.

"I know he's trying to reach other players from that team, but I don't know who he got. He told me he'd be in touch after the season," Alou said in a phone interview.

A news conference is scheduled for Tuesday when Cromartie's Montreal Baseball Project will introduce some results of a feasibility study on baseball in Montreal. **THE CANADIAN PRESS**

## NFL. Undefeated Dolphins get an extra day off to bask in unusual early success

As the Miami Dolphins prepare for a rare prime-time appearance next Monday night at New Orleans, the extra day between games will be welcome.

It gives the Dolphins a few additional hours to enjoy being 3-0, more time for an injury-depleted defence to mend, and another practice to address serious problems with pass protection.

The surprising Dolphins took another step toward ending their streak of four consecutive losing seasons by rallying past Atlanta 27-23 Sunday.

"We're making the most of the present, and hopefully we can snowball that into the future," said long snapper John Denney, whose nine years with Miami give him locker-room seniority.

The Dolphins have won their first three games 12 other times, and none of those teams finished with a losing record. Nine of them made the playoffs, and Miami's quick start has stirred speculation about a run to the post-season.

Such optimism is a big change in South Florida, because the Dolphins haven't been 3-0 since 2002, and they've reached the playoffs



Dolphins QB Ryan Tannehill has impressed in the opening weeks.  
MIKE EHRMANN/GETTY IMAGES

only once since 2001.

Their statistics make their record a head-scratcher. They've been outgained by 158 yards, and their rushing attack (3.3 yards per attempt) and run defence (4.7) are both significantly worse than last year, when they went 7-9.

But they've shown a flair for big plays, something missing in recent seasons. They lead the NFL in red-zone scoring, and they've already come up with five interceptions, half of last season's total.

**THE CANADIAN PRESS**

# Rays take another step towards fall ball in Tampa Bay

**MLB.** Tampa moves one game ahead of Cleveland in battle for AL playoff berth

The Tampa Bay Rays are confident they'll play at Tropicana Field again this year.

Wil Myers tied it with a two-run single on a jarring play in the seventh inning then pinch-hitter James Loney stunned the Orioles with a leadoff homer in the ninth, and the Rays completed a four-game sweep that put a serious damper in Baltimore's wild-card hopes with a 5-4 victory Monday.

"You can feel it, you can't necessarily describe it, but it's there," Rays manager Joe Maddon said. "You know that

On Monday

5  
Rays

4  
Orioles

your guys have that vibe going on. It's a good feeling."

The win pushed the Rays a game ahead of idle Cleveland for the top AL wild card. Baltimore fell five games back of the Indians with six games to go for both teams. Tampa Bay would host the wild-card game Oct. 2 if it holds its position.

The Orioles also lost all-star third baseman Manny Machado to a leg injury in the top of the seventh.

Machado's left leg buckled when he stepped on first base running out an infield single. He was taken off on a stretcher.

Baltimore manager Buck Showalter had no immediate update on Machado's injury as the team awaited test results. Machado will undergo an MRI on Tuesday.

"It's horrible," Maddon said. "That guy there, to me, Baltimore has really ascended over the last couple years and I really believe he's been at the cornerstone, the keystone of that whole thing. Hate to see that. This is a young man, a tremendous talent. You can see the effort level with them. This young man blows out his knee, possibly. You can see how badly they wanted it, too."

**THE ASSOCIATED PRESS**

## MLB

## AMERICAN LEAGUE

## EAST DIVISION

W	L	Pct	GB
95	62	.605	—
87	69	.558	7½
82	74	.526	12½
81	75	.519	13½
71	85	.455	23½

## CENTRAL DIVISION

W	L	Pct	GB
91	65	.583	—
86	70	.551	5
82	73	.529	8½
65	90	.419	25½
62	94	.397	29

## WEST DIVISION

W	L	Pct	GB
93	63	.596	—
85	71	.545	8
76	79	.490	16½
68	88	.436	25
51	106	.325	42½

## Monday's results

Tampa Bay 5 Baltimore 4

Texas 12 Houston 0

Chicago White Sox 3 Toronto 2

Detroit at Minnesota

Oakland at L.A. Angels

Kansas City at Seattle

San Francisco 2 N.Y. Yankees 1

Cleveland 9 Houston 2

Chicago White Sox 6 Detroit 3

Boston 5 Toronto 2

Tampa Bay 3 Baltimore 1

Kansas City 4 Texas 0 (10 inn.)

Seattle 3 L.A. Angels 2

Oakland 11 Minnesota 7

## Tuesday's games — All Times Eastern

Chicago White Sox (Santiago 4-9) at Cleveland (Jimenez 12-9), 7:05 p.m.

Toronto (Redmond 4-2) at Baltimore (Tillman 16-7), 7:05 p.m.

Tampa Bay (Moore 4-10) at N.Y. Yankees (Leake 14-6), 7:10 p.m.

Milwaukee (Thornburg 3-1) at Atlanta (Garcia 1-2), 7:10 p.m.

Philadelphia (Miner 0-1) at Miami (Alvarez 4-5), 7:10 p.m.

Pittsburgh (Cole 9-7) at Chicago Cubs (Rusin 2-5), 8:05 p.m.

Washington (Gonzalez 11-7) at St. Louis (Wacha 3-1), 8:15 p.m.

Detroit (Fister 13-9) at Minnesota (Diamond 6-11), 8:10 p.m.

Houston (Peacock 5-5) at Texas (Darvish 13-9), 8:05 p.m.

Detroit (Fister 13-9) at Minnesota (Diamond 6-11), 8:10 p.m.

Oakland (Griffin 14-9) at L.A. Angels (Vargas 8-7), 10:05 p.m.

Kansas City (Chen 8-3) at Seattle (Paxton 2-0), 10:10 p.m.

**NATIONAL LEAGUE**

## NATIONAL LEAGUE

## EAST DIVISION

W	L	Pct	GB
92	64	.590	—
84	73	.535	8½
71	85	.455	21
71	85	.455	21
58	99	.369	34½

## CENTRAL DIVISION

W	L	Pct	GB
92	65	.586	—
90	67	.573	2
90	67	.573	2
70	86	.449	21½
65	92	.414	27

## WEST DIVISION

W	L	Pct	GB
90	66	.577	—
79	76	.510	10½
72	83	.465	17½
72	84	.462	18
71	86	.452	19½

## Monday's results

Cincinnati 3 N.Y. Mets 2 (10 inn.)

Milwaukee 5 Atlanta 0

Miami 4 Philadelphia 0

Pittsburgh 2 Chicago Cubs 1

St. Louis 4 Washington 3

Arizona at San Diego

Cincinnati 11 Pittsburgh 3

N.Y. Mets 4 Philadelphia 3

Miami 4 Washington 2

Atlanta 5 Chicago Cubs 2

Arizona 13 Colorado 9

L.A. Dodgers 1 San Diego 0

Washington 5 Miami 4

Milwaukee 6 St. Louis 4

**NFL**

## CFL

## WEEK 13

GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315
Hamilton	12	6	6	0	316	329
Montreal	12	4	8	0	285	349
Winnipeg	12	2	10	0	251	368

## WEST DIVISION

GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301
B.C.	12	8	4	0	325	302
Saskatchewan	12	8	4	0	376	282
Edmonton	12	3	9	0	294	328

## Sunday's result

B.C. 24 Saskatchewan 22

## Saturday's results

Hamilton 28 Montreal 26

Toronto 33 Calgary 27

## NFL

## WEEK 3

## Monday's result

Denver 37 Oakland 21

## Sunday's results

New England 23 Tampa Bay 3

Cincinnati 34 Green Bay 30

Cleveland 31 Minnesota 27

Baltimore 30 Houston 9

Tennessee 20 San Diego 17

Carolina 38 N.Y. Giants 0

New Orleans 31 Arizona 7

Dallas 31 St. Louis 7

Detroit 27 Washington 20

Miami 27 Atlanta 23

Indianapolis 27 San Francisco 7

Seattle 45 Jacksonville 17

N.Y. Jets 27 Buffalo 20

Chicago 40 Pittsburgh 23

## MLS

## Sunday's result

New York 1 FC Dallas 0

## Friday's game — All Times Eastern

Philadelphia at Kansas City, 8 p.m.

## Saturday's games

D.C. United at Toronto FC, 1 p.m.

Real Salt Lake at Vancouver, 7 p.m.

Houston at New England, 7:30 p.m.

Montreal at Chicago, 8:30 p.m.

## Sunday's games

Los Angeles at Portland, 3:30 p.m.

Columbus at FC Dallas, 8:30 p.m.

New York at Seattle, 9 p.m.

San Jose at Chivas USA, 11 p.m.

Horoscopes

**Aries**

March 21 - April 20

Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend they are cool, calm and collected.

**Taurus**

April 21 - May 21

Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

**Gemini**

May 22 - June 21

There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

**Cancer**

June 22 - July 23

Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

**Leo**

July 24 - Aug. 23

What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you then you will be disappointed.

**Virgo**

Aug. 24 - Sept. 23

What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

**Libra**

Sept. 24 - Oct. 23

Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

**Scorpio**

Oct. 24 - Nov. 22

Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

**Gemini**

May 22 - June 21

If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

**Capricorn**

Dec. 22 - Jan. 20

Changes in your world will have a knock-on effect on your day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

**Aquarius**

Jan. 21 - Feb. 19

Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

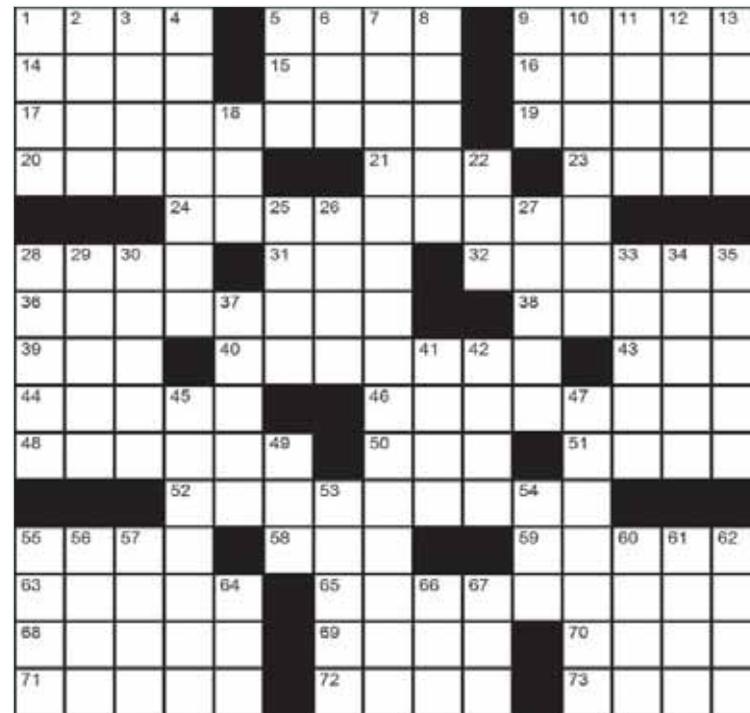
**Pisces**

Feb. 20 - March 20

It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN



Across

1. Farm enclosure
5. Mystique
9. Flight segment
14. Soldier's supply, shortly
15. Cast \_\_ pan
16. Door: French
17. Write up a dosage for
19. Martian
20. Baseball inning
21. Groceries holder
23. Not different
24. Send to the wrong locale
28. 1812 Rossini comic opera, La Scala di \_\_
31. Pique
32. Follower of The Way
36. Jeans brand
38. New Wave music instr.
39. Slot machine feature
40. Least favourable, as per scenarios: 2 wds.
43. Bambi's mom, for one
44. Someone sulking
46. " \_\_ Rhapsody" by Queen
48. Greenery in houses
50. Pre-Traveling Wilbrys gr.
51. Gets food
52. Glum
55. Eyeliner of ancient Egypt
58. Painting, for

instance

59. Debated topic
63. Self-evident truth
65. Full belief to not doubt
68. Jumpy
69. Handwashing need
70. Country star, Vince \_\_

71. Website's opening page word, sometimes

72. Cloth scraps
73. Airport scr. postings

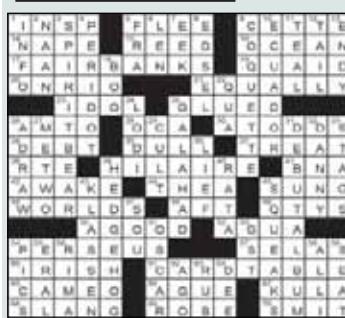
2. Actor Mr. Katz

3. Sort of sign
4. "The \_\_ Always Rings Twice" (1981)
5. Breathed-in stuff
6. Mr. Geller of spoon-bending
7. Toronto-born member of The Band: 2 wds.

8. Approaching, archaically

9. Luxe lieu
10. Anna Karenina author Leo
11. Solo-moment song
12. Any thing
13. Ms. Russo
18. Vital life energy

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	5	6	8	3	4	7	9	2
8	2	3	7	5	9	6	1	4
7	9	4	6	2	1	8	3	5
5	7	2	9	8	3	4	8	1
4	8	9	1	7	2	3	5	6
3	6	1	4	8	5	2	7	9
9	1	8	2	4	7	5	6	3
6	4	5	3	9	8	1	2	7
2	3	7	5	1	6	9	4	8

4	8	2	7
8			9
9	1	5	6
3	4		6
9			7
1	7		4
8	9	3	4
6		5	
5	2	1	3

Today

13°/8°  
Showers  
40%

Wednesday

13°/9°  
Rain  
70%

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